



**Fremont Multi-Service Senior Center**  
40086 Paseo Padre Parkway (at Lake Elizabeth)  
Fremont, CA 94538  
790-6600 • 494-4539 (T.T.Y.) •  
www.fremont.gov

**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

# October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>October Schedule Changes</b> <b>NARFE Meeting is on the 3<sup>rd</sup> Friday Oct 15, instead of the 4<sup>th</sup> Fri.</b>  <b>AARP Safe Driver Classes are the last two Fridays, Oct 22 &amp; 29 instead of the first two Fridays.</b>	<b>1</b> <b>Clothing Sale Cancelled Moved to Jan 21, 2005</b>  <b>AARP Safe Driver class moved to Oct 22 &amp; 29</b>  <b>9:30-3 Washington on Wheels</b> 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 3:00 Tai Chi
<b>4</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Caregivers Support – Circles of Care at Human Services, Large Conf. Room 3300 Capitol Ave., B 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	<b>5</b> 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	<b>6 Apple Hill Trip</b>  8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>7</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” band (\$4)	<b>8</b> 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta <b>1:30 Birthday Party! Entertainment by The Peninsula Banjo Band</b> Needlecrafts 3:00 Tai Chi
<b>11</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	<b>12</b> 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 10:30 Indo-Amer. Seniors 11:00 Fremont Paratransit Info & Registration <b>1:00 Jennifer Abrams, Comfort Keeper’s, What to Look for in Home Care Services</b> 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	<b>13</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events <b>12:00 Oktoberfest Lunch &amp; Celebration, \$5, \$6, \$7</b> 1-4 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1:00 Afghan Women 7:00 Woodcarvers	<b>14</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Facility Sub Comm. Meet. 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	<b>15</b> <b>NARFE Date Change</b>  8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Sr. Commission Meeting  <b>12:00 NARFE Social Time</b> <b>12:30 NARFE Business Meeting</b> 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 3:30 Russian Club
<b>18</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	<b>19</b> 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 9:30 Senior Fitness <b>11-2 Retired Teachers Annual Meeting</b> 11:00 Fremont Paratransit Info & Registration 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	<b>20</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events  12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>21 Jackson Casino Trip</b>  8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	<b>22</b> <b>Note: Day Change</b> <b>8:15-12 AARP Safe Driver Class (must register)</b>  8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 1:00 Pinochle/ Canasta 1:30 Needlecrafts 3:00 Tai Chi
<b>25</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7-9 Parkinsons Support Group	<b>26</b> 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 9:30 Senior Fitness 10:30 Indo Amer. Seniors 11:00 Paratransit Information 12:45 Crafts 1:00 Speaker 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	<b>27 Flu Shot Day</b>  8:15 Tai Chi 8:30 Walkers 9:00 Canasta <b>9-1 Flu Shots - \$5, \$25 for pneumonia, no appt needed</b> <b>10:00 Legal Assist. for Seniors – new day</b> 10:00 Current Events 1:00 Social Security (appt) 1:00 Afghan Women 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>28</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	<b>29</b> <b>Note: Day Change</b> <b>8:15-12 AARP Safe Driver Class (must register)</b>  8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge <b>12:00 Halloween Lunch &amp; Costume Party</b> 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 